

۴۰ روحانی علاج



# 40 SPIRITUAL CURES

AMEER-E-AHL-E-SUNNAT HAZRAT ALLAMA MOULANA ABU BILAL

**MUHAMMAD ILYAS ATTAR QADRI**

RAZAVI (MADDA ZILHUL AALI)

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**Publishers**



أَلْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ وَالصَّلَاةُ وَالسَّلَامُ عَلَى سَيِّدِ الْمُرْسَلِينَ  
أَمَّا بَعْدُ فَأَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

## Du'ā for Reading the Book

**R**ead the following Du'ā (supplication) before you study a religious book or an Islamic lesson, you will remember whatever you study, **إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ**:

اَللّٰهُمَّ افْتَحْ عَلَيْنَا حِكْمَتَكَ وَاَنْشُرْ  
عَلَيْنَا رَحْمَتَكَ يَا ذَا الْجَلَالِ وَالْاِكْرَامِ

**Translation:** O Allah **عَزَّوَجَلَّ**! Open the door of knowledge and wisdom for us, and have mercy on us! O the One Who is the Most Honourable and Glorious!

*(Al-Mustatraf, vol. 1, pp. 40)*

**Note:** Recite Ṣalāt-ʿAlan-Nabī ﷺ once before and after the Du'ā.

# FORTY SPIRITUAL CURES

*(Including Medical Treatments)*

This booklet was written by Shaykh-e-Tarīqat Amīr-e-Ahl-e-Sunnat, the founder of Dawat-e-Islami ‘Allāmah Maulānā Abu Bilal Muhammad Ilyas Attar Qadiri Razavi دامت بركاته العالیہ in Urdu. **Majlis-e-Tarājim** (the translation department) has translated it into English. If you find any mistake in the translation or composing, please inform the translation department on the following postal or email address with the intention of earning reward [Šawāb].

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## Forty Spiritual Cures

An English translation of ‘40 Rūhāni ‘Ilāj’



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**1<sup>st</sup> Publication:** Jumādal Ukhṛā, 1436 AH – (March, 2015)

**Publisher:** Maktaba-tul-Madinah

**Quantity:**

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اَلْحَمْدُ لِلّٰهِ رَبِّ الْعٰلَمِيْنَ وَالصَّلٰوةُ وَالسَّلَامُ عَلٰى سَيِّدِ الْمُرْسَلِيْنَ  
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## FORTY SPIRITUAL CURES

*(Including Medical Treatments)*

### **Excellence of Ṣalāt-‘Alan-Nabī ﷺ**

The Beloved and Blessed Prophet صَلَّى اللهُ تَعَالٰى عَلَيْهِ وَاٰلِهٖ وَسَلَّم has stated, ‘Whoever recites Ṣalāt upon me hundred times on the day and night of Friday (i.e. from sunset of Thursday to the sunset of Friday), Allah عَزَّوَجَلَّ will fulfill his hundred needs – seventy of afterlife and thirty of worldly life.’

*(Shu‘ab-ul-Īmān, vol. 3, pp. 111, Ḥadīṣ 3035)*

صَلُّوْا عَلٰى الْحَبِيْبِ صَلَّى اللهُ تَعَالٰى عَلٰى مُحَمَّدٍ

## Forty spiritual cures

Invoke Ṣalāt-‘Alan-Nabī once at the beginning and once at the end of every invocation. If cure is not apparently noticed, consider it an outcome of your wrongdoings instead of complaining and remain contented with the will of Allah عَزَّوَجَلَّ.



1.

هُوَ اللَّهُ الرَّحِيمُ

Whoever invokes this 7 times after every Ṣalāh will remain secured from the evil of satan and he will be bestowed with faithful ending of life إِنَّ شَاءَ اللَّهُ عَزَّوَجَلَّ.

2.

يَا اللَّهُ

By virtue of invoking it a 100 times at the time of going to bed, one will remain secured from the evil of satan and from the infliction of paralysis and palsy *إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ*.

3.

يَا مَلِكُ

A poor or destitute person who invokes this 90 times every day, will get rid of poverty *إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ*.

4.

يَا قُدُّوسُ

Whoever invokes this repeatedly during journey, will not suffer fatigue *إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ*.

5.

يَا سَلَامُ

Reciting this 111 times and then performing *Dam* on an ill person will, provide him relief *إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ*.

6.

يَا مُهَيِّينُ

If a grieved person invokes this twenty nine (29) times daily, he will get relief from his grief *إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ*. Moreover he will remain secured from sufferings and afflictions *إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ*.

7.

يَا عَزِيزُ

Invoke this 41 times before going to meet a ruler or an officer etc. That ruler/officer will be compassionate *إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ*.



8.

يَا مُتَكَبِّرُ

Invoke this 21 times every day. One who suffers from frightful nightmares, will no longer suffer them by virtue of this invocation **إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ**.  
(Duration of remedy: Until cured.)

9.

يَا مُتَكَبِّرُ

The one who invokes this 10 times before copulating with wife will be blessed with a pious son **إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ**.

10.

يَا بَارِئُ

Whoever invokes this 10 times every Friday, will be blessed with a son **إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ**.

11.

يَا قَهَّارُ

If somebody invokes it 100 times when afflicted by a calamity, the difficulty will be eased *إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ*.

12.

يَا وَهَّابُ

Whoever invokes this 7 times every day will become Mustajāb-ud-Da'wāt (i.e. one whose Du'ā is always accepted) *إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ*.

13.

يَا فَتَّاحُ

Whoever invokes this 70 times every day after Ṣalāt-ul-Fajr with both hands placed on his chest, the rust and dirt of his heart will be removed *إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ*.

14.

يَا فَتَّاحُ

Whoever invokes it 7 times every day (at any time), his heart will be [spiritually] brightened *إِنْ شَاءَ اللَّهُ عَزَّ وَجَلَّ*.

15.

يَا قَابِضُ ، يَا بَاسِطُ

Whoever invokes this 30 times every day will gain victory over his enemy *إِنْ شَاءَ اللَّهُ عَزَّ وَجَلَّ*.

16.

يَا رَافِعُ

Whoever invokes this 20 times every day, his desire will be fulfilled *إِنْ شَاءَ اللَّهُ عَزَّ وَجَلَّ*.

17.

يَا بَصِيرُ

Whoever invokes this 7 times every day at the time of 'Aṣr (i.e. from the beginning of 'Aṣr timings until sunset) will not suffer sudden death *إِنْ شَاءَ اللَّهُ عَزَّ وَجَلَّ*.

18.

يَا سَمِيعُ

Whoever invokes this 100 times every day without talking during invocation and then makes Du'ā, whatever he asks for will be granted *إِنْ شَاءَ اللَّهُ عَزَّ وَجَلَّ*.

19.

يَا حَكِيمُ

Whoever invokes this 80 times after each of the five daily Ṣalāh every day, will never become needy *إِنْ شَاءَ اللَّهُ عَزَّ وَجَلَّ*.

20.

يَا جَلِيلُ

One who invokes this 10 times and performs *Dam* on his assets and money, these things will remain secured from theft إِنْ شَاءَ اللَّهُ عَزَّ وَجَلَّ.

21.

يَا شَهِيدُ

One who invokes this 21 times in the morning (before sunrise) with one hand on the forehead of a disobedient child, whilst facing towards the sky, that child will become pious إِنْ شَاءَ اللَّهُ عَزَّ وَجَلَّ.

22.

يَا وَكِيلُ

Whoever invokes this 7 times at the time of 'Aṣr will get refuge from calamities إِنْ شَاءَ اللَّهُ عَزَّ وَجَلَّ.

23.

يَا حَيِّدُ

If somebody is unable to get rid of the habit of using obscene language, he should invoke this 90 times and perform *Dam* onto an empty glass or cup. Thereafter, he should drink only from that glass/cup; his bad habit of using obscene language will die away *إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ*. (Such a glass to which *Dam* has been made may be used for years.)

24.

يَا مُحْصِي

Anyone who recites this one thousand (1000) times every Thursday night (i.e. night falling between Thursday and Friday) will be secured from the torment of the grave and that of the Doomsday *إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ*.

25.

يَا مُحْيِي

In case of suffering from abdominal pain or gas or facing the risk of losing some organ of the body, invoke this 7 times and perform *Dam* on yourself; this invocation will provide relief **إِنْ شَاءَ اللَّهُ عَزَّ وَجَلَّ**.

(**Duration of remedy:** Until cured, perform at least once daily.)

26.

يَا مُحْيِي ، يَا مُمِيتُ

Invoke this 7 times every day and perform *Dam* on yourself, magic will not affect you **إِنْ شَاءَ اللَّهُ عَزَّ وَجَلَّ**.

27.

يَا وَاجِدُ

Whoever invokes this with every morsel whilst eating, that food will become Nūr (light) in his stomach and disease will be cured *إِنْ شَاءَ اللَّهُ عَزَّ وَجَلَّ*.

28.

يَا مَا جِدُ

Whoever invokes this 10 times, performs *Dam* onto a beverage etc. and then drinks it, will not fall (seriously) ill *إِنْ شَاءَ اللَّهُ عَزَّ وَجَلَّ*.

29.

يَا وَاحِدُ

Whoever feels afraid in loneliness should invoke this 1001 times when alone, fear will be dispelled from his heart *إِنْ شَاءَ اللَّهُ عَزَّ وَجَلَّ*.



30.

يَا قَادِرُ

Whoever makes it a habit to invoke this whilst washing each part of the body during Wuḍū, enemy will not be able to kidnap him *إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ*.

31.

يَا قَادِرُ

Invoke it 41 times when in trouble, the trouble will be removed *إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ*.

32.

يَا مُقْتَدِرُ

Whoever invokes this 20 times every day, will remain under the shade of Divine blessings *إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ*.

33.

يَا مُقْتَدِرُ

Whoever invokes this 20 times upon waking up from sleep, the help of Allah عَزَّوَجَلَّ will support him in all his affairs إِنَّ شَاءَ اللَّهُ عَزَّوَجَلَّ.

34.

يَا أَوَّلُ

Whoever invokes this 100 times every day, his wife will love him إِنَّ شَاءَ اللَّهُ عَزَّوَجَلَّ.

35.

يَا مَانِعُ، يَا مُعْطِي

If the husband is displeased with the wife, she should invoke 20 times whilst sitting on the bed before sleeping. The husband should do the same if his wife is displeased with him. The dispute will be resolved إِنَّ شَاءَ اللَّهُ عَزَّوَجَلَّ. (Duration of treatment: Until Cured.)

36.

يَا ظَاهِرُ

Write this on the wall of your home, the wall will remain protected *إِنْ شَاءَ اللَّهُ عَزَّ وَجَلَّ*.

37.

يَا رَوْوْفُ

One who wants to have an oppressed person freed from the cruelty of some oppressor should invoke this 10 times and then approach the oppressor, that oppressor will accept his intercession *إِنْ شَاءَ اللَّهُ عَزَّ وَجَلَّ*.

38.

يَا غَنِيُّ

If one is suffering from backache or pain in the knees, the joints or anywhere in the body, he should invoke this all the time, the pain will be relieved *إِنْ شَاءَ اللَّهُ عَزَّ وَجَلَّ*.

39.

يَا مُغْنِي

Invoking this once, perform *Dam* on the hands and then gently rub hands over the painful part of the body, relief will be obtained إِنْ شَاءَ اللَّهُ عَزَّ وَجَلَّ.

40.

يَا نَافِعُ

Whoever invokes this 20 times before starting any work, the work will complete as per his wishes إِنْ شَاءَ اللَّهُ عَزَّ وَجَلَّ.

## 15 NATURAL REMEDIES

### Two tips for growing long hair

1. Take Chebulic myrobalan (Āmlāḥ) 250 grams, shikakai 125 grams and fenugreek seeds (Maythī Dānaḥ) 125 grams; grind all the ingredients and store; soak two spoons of it in water overnight as per requirement and wash your head with this water in morning after straining it. Keep doing this once a week. Hair fall will stop and long hair will also begin to grow *إِنْ شَاءَ اللَّهُ عَزَّ وَجَلَّ*.
2. Arrange powder of Chebulic myrobalan (Āmlāḥ); mix water in it as per need and make a thick paste, then apply it to the scalp (hair roots) and wash it after a while.

### **Natural remedy for toothache and swelling**

3. If your gums are swollen and oozing out blood or pus, then add a little alum in lukewarm water; when alum is dissolved, apply this water on your teeth and gums. It will relieve significantly

إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ.

### **Natural remedy for diabetes**

4. Chew five seeds of big cardamoms in morning and evening daily. Relief will be obtained soon

إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ.

5. Take Chebulic myrobalan (Āmlāḥ), and seeds of *Eugenia jambolana* (Jāmun), and those of bitter gourd (Karaylāḥ) in equal measure and grind them to powder. It is an excellent medicine for diabetes. Taking small spoon of it once or twice a day helps control the disease.

## **Natural remedy for the pain during menses**

6. One who suffers abdominal pain, backache etc. during menses, should apply oil in her navel. It will soothe her pain **إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ**.

## **Natural remedies for loose motions**

7. Swallow half a spoon of tea leaves with water, loose motions will be cured **إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ**. Just a pinch of tea powder is sufficient for younger children. They will also be cured **إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ**.
8. Dry the mint leaves (Podīnah) under direct sunshine, grind them up and keep the powder in some bottle. In case of suffering from loose motions, use half a spoon with water in morning and evening. It will bring soothing effect to the stomach and will cure motions **إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ**.

## **Natural remedy for preventing nosebleed**

9. After straining through a piece of cloth, put few drops of lemon juice with the help of dropper in both nostrils; it will stop nose bleeding

إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ.

## **Natural remedy for blocked nose**

10. In case of suffering from nasal blocking, causing difficulty in breathing at night, take some fresh Neem leaves, clean and boil them in water. Add some salt and when its temperature is bearable, rinse nose with this water as well as gargle from the same water twice a day. It will unblock the nose

إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ.

## **Two remedies for hiccups**

11. Cover your nose and mouth with a paper bag or polythene bag and keep it pressed so that your



breath exhaled from mouth or nose does not escape outside the bag; keep breathing into the paper/polythene bag. It will stop the hiccups within one to two minutes **إِنْ شَاءَ اللَّهُ عَزَّ وَجَلَّ**.

12. Chew a small cardamom well; swallow it and take a glass of cold water right after it. It will relieve hiccups **إِنْ شَاءَ اللَّهُ عَزَّ وَجَلَّ**.

### **Three natural remedies for bad breath**

13. Eating uncooked onion and garlic causes bad breath. Eat a piece of ginger chewing it well; similarly, chew and swallow carom seeds (Ajwāin) or jaggery (Guṛ) or aniseed (Saunf) or a few small cardamoms, bad breath will be removed **إِنْ شَاءَ اللَّهُ عَزَّ وَجَلَّ**.

14. Boil 12 Neem leaves well in about 250ml of water, strain the leaves off and gargle with it when it

becomes lukewarm. It is antibacterial. Its regular use not only cleans the mouth internals but also eliminates bad breath.

15. Gargle with lukewarm salt water as the constituents of salt kill bad breath by removing dead cells of the mouth.



**Give this booklet to someone else after having read it**

Reap rewards by distributing Maktaba-tul-Madīnāh's published booklets and Madanī pearls-containing pamphlets on the occasions of wedding, funeral, Ijtimā'āt, 'Urs, procession of Mīlād etc. Make a habit to keep some booklets in your shop to gift them to your customers with the intention of reaping rewards. Send at least one Sunnah-Inspiring booklet or Madanī pearls-containing pamphlet to each home in your neighbourhood with the help of children or paperboys, stepping up efforts for conveying the call towards righteousness and gaining great reward.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
الْفَتْوَةُ وَالسَّلَامُ عَلَيْكَ يَا رَسُولَ اللَّهِ ﷺ

## BLESSINGS OF THE SUNNAH

الحمد لله عز وجل The Sunnah of the Holy Prophet ﷺ are taught and learnt in the Madani environment of Dawat-e-Islami an international non-political propagational movement of Qur'an and Sunnah. The weekly Ijtim'a in Karachi (Pakistan) takes place every Thursday after the Maghrib prayer in Faizan-e-Madina, Mahallah Sodagaran Old Sabzi Mandi. It is a Madani request that you participate in this Ijtim'a and try and spend the night in Faizan-e-Madina.

Make it a habit to travel with the lovers of the Holy Prophet ﷺ on the Madani Qafilas and whilst doing Fikr-e-Madina to fill in your Madani In'aamaat (Rewards) card daily and to hand it in to your area zimadaar within the first ten days of the new Islamic month.

In'shaa-Allah عز وجل with the blessing of this we will start acting upon the Sunnah of the Prophet ﷺ have hatred for sins and will safeguard our Imaan. Every Islamic brother should make the intention that **I must try to rectify myself and the people of the whole world** – In'shaa-Allah عز وجل To rectify ourselves we will act upon the Madani In'aamaat (Rewards) and to rectify the people of the whole world we will travel in the Madani Qafilas – In'shaa-Allah عز وجل

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